

July Activities - Urbana Senior Center

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/aging
9020 Amelung St., Frederick, MD 21704 (1st floor of the Urbana Library)

*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.
Programs may be canceled if enrollment is low. **Activities are subject to change.**

<i>Mondays 9:00-3:00</i>	<i>Tuesdays 9:00-8:00</i>	<i>Wednesdays 9:00-3:00</i>	<i>Thursdays 9:00-3:00</i>	<i>Fridays - Closed</i>
1 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	2 11:00 Exercise to Video 1:00 Stitching Post 5:30 *Hot Dog Indoor Picnic 6:30 *Making Ice Cream	3 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	4 Center is Closed Enjoy the holiday	5 
8 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games	9 11:00 Exercise to Video 1:00 Stitching Post 1:00 Blood Pressure 5:30 *Sandwich/Salad Dinner 6:30 Cards/Games	10 9:30 Drawing/Painting Club 10:00 Mobile I&A *Good Food on a Tight Budget 11:00 Exercise to Video 1:00 Wii Bowling	11 11:00 Exercise to Video 1:00 Wii Bowling 1:00 Rummikub	12 Picnic hosted by Brunswick Senior Center Make your reservation by Wednesday, July 3
15 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games	16 11:00 Exercise to Video 1:00 Stitching Post 5:30 *Pizza Dinner 6:30 Cards/Games	17 9:30 Drawing/Painting Club 11:00 Exercise to Video 11:30 Blood Pressure Noon *Omelet Bar 12:30 Ask Nurse Steve	18 11:00 Exercise to Video 1:00 Wii Bowling 1:00 Rummikub	19 Annapolis Cruise Trip
22 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games	23 11:00 Exercise to Video 1:00 Stitching Post 1:00 Caring for the Caregiver 1:00 Blood Pressure 5:30 *Sandwich/Salad Dinner 6:30 Cards/Games	24 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	25 11:00 Exercise to Video 1:00 Wii Bowling 1:00 Rummikub	26 Torpedo Factory Art Trip
29 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games	30 11:00 Exercise to Video 1:00 Stitching Post 5:30 *Pizza Dinner 6:30 *Gazing Ball Craft	31 9:30 Drawing/Painting Club 11:00 Exercise to Video 12:30 Nutrition Minute 1:00 Wii Bowling	August 1 11:00 Exercise to Video 1:00 Wii Bowling 1:00 Rummikub	